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# Things You Need to Have in Your Home in Times of Crisis

We are a luxury-laden society. Even the poorest among us enjoy the technological advances that make everyday life easier. We have dishwashers to clean our dishes; ATM machines to make money available 24 hours a day; and even drive thru windows that feed us any time of the day or night. But, what if some big crisis hit, collapsing society as we know it?

It's been a long time since the average American had to live without many of the conveniences we take for granted these days. Yet, most experts agree that the time is coming when we must rely on our own wits and survival skills to get by. Storms, terrorist attacks, wars and other calamities strike regions and countries on a daily basis. We are not immune. If anything, we may be more susceptible simply because we don't think we can succumb to any real threat to the way we live.

What would you do if you couldn't drive to the local store and stock up on the essentials your family needs to survive? What if the electric grid went down and there was no power? This could mean a loss of heat, electricity, water, telephone service and more. Are you prepared for an emergency of this magnitude?

There have been a few short lived emergencies such as this in recent years that have left whole communities vulnerable. Consider the impact of a larger scale crisis. Violence and panic would surely erupt as people fought for the basics supplies they need.

I don't say all of this to panic you. The opposite is true. I want you to prepare for a crisis – any size crisis. Now is the best time to get ready; while you are thinking calmly and can devise a plan to stay safe. But, where do you start? Begin with the absolute basics. Gather the key things your family would need in an emergency situation now, while you have the presence of mind to think about all of the things that can go wrong and what you would do to handle them.

## **A Few Considerations ...**

There are three main things to consider when preparing for an emergency. They are:

1. You can live 3 minutes without air
2. You can live 3 days without water
3. You can live 3 weeks without food

Remember this when developing your survival plan.

Have you ever watched in wonder how berserk people get as a winter storm approaches? They flood the local grocery store stockpiling necessities and worrying how they will survive stranded for a mere day or two. Why all the panic? Because no one is prepared

for a few days without supplies, let alone a few weeks! That is something to worry about.

Most people these days lack the preparedness (and the skills) to outlast any kind of emergency. How many friends of you know who don't even have a spare case of water or even candles on hand, let alone a stockpile of food, water, an energy source and other survival supplies? This lack of planning will inevitably lead to panic and chaos should a real disaster strike.

Whether or not you are a survivalist planning for a big disaster or you just want to have on hand what you need to weather short storm, you need to be ready for a crisis. Natural disasters like hurricanes, floods, tornadoes and blizzards happen all of the time. Every time one strikes people hold their breathe that it won't knock out the power grid, close roads or destroy the infrastructure we count on. When it does, we are left to survive on our own. Normally this is only for a few days, but consider the impact should it last longer.

While it is impossible to prepare for every contingency you may face in the future (who can?), it is important to think about what your family would need to get through an emergency. For some, this may mean keeping a few days of canned food on hand; for others it may mean stockpiling supplies to weather weeks abandoned. How far you take your emergency preparedness really depends on you. Regardless, there are a few things to keep in mind when devising your plan:

#### *Presence of Mind*

When disaster strikes it can be difficult to keep the presence of mind to make quick decisions. As you struggle to think about what to grab before you evacuate, you will likely forget some important items. That is why it is vital to keep a printed list of the supplies you have packed, as well as things you may need to grab on the way out the door (like prescriptions and a child's security item).

#### *Comfort*

Survival means having what you need to make it through the crisis, but that doesn't mean you shouldn't include a few comfort items if you have the time to grab them and the space to carry them. Everyone in your family is going to be under a lot of stress should a crisis occur. Having a few comfort items with them will make the experience more bearable. Consider packing a favorite toy or blanket for a child; small games to keep everyone occupied; a Bible for family devotions; or a favorite pillow to make sleeping more comfortable for an aging adult.

#### *Trade*

What would you do if money was suddenly rendered useless? It's hard to imagine that happening, but in a world changing crisis, that may be the exact result. In the event that standard currency is useless, having things you can barter will be required to get our hands on the things you and your family need. When stockpiling trade stuffs, think about

things that other people may overlook like pain relievers; batteries; dried milk mix; vitamins; herbal remedies; diapers, rope, and more.

## **The Basics**

When compiling your emergency survival kit, start with the basics. These are the items you absolutely need to survive.

*Note: although you should be able to easily grab your emergency kit should you be forced to evacuate quickly, keep it out of sight from friends and neighbors. There's no need to let others know of your pre-plan or they will come straight to you in a crisis. Expecting you to care for them and their family as well. Some people pack an extra kit for this exact reasons so they can help those they know without shortchanging their family, but that is completely up to you.*

So what kind of things should you include in your kit? Start with a large backpack for each member of the family (the kind used for overnight camping) and fill it with the following staple supplies:

- water
- food
- a small water purifier
- portable stove/fuel
- head-mount flashlight (and batteries)
- tent
- blanket
- bleach
- wool or fleece clothing
- first aid kit
- cooking/eating utensils
- waterproof and windproof matches (or lighter)
- firearm and ammo (for hunting)
- multi-functional radio (hand crank or solar) powered)
- working gloves
- coins of various denominations
- small pieces of gold or silver (can be coins or jewelry)
- pre-1965 silver coins
- pre 1981 pennies
- iodized salt
- fishing hook and lines
- sewing kit
- a roll of wore
- personal/hygiene items
- roll of aluminum foil
- personal documents

- box of Ziploc bags (gallon size)
- gloves
- roll of plastic wrap
- potassium iodine tablets
- personal medications ( 1 month supply)

This may seem like a lot to carry on your person, but pack what each person can handle. Remember, in a severe crisis your family may get separated, so be sure that each family member has the essentials to survive on their own.

In the event you flee in a vehicle also add gasoline and 2-cycle oil to your list. What if you are able to stay at home? Be sure to have a supply of the following stashed in your attic or basement:

- Water
- Non perishable food items
- Personal hygiene items (toilet paper, sanitary napkins, toothpaste, soap, etc)
- Medical supplies
- Fire extinguishers
- Generator (and extra fuel)
- Smoke and a carbon dioxide detector (and extra batteries)
- Extra batteries
- A vehicle (and extra gasoline). A fully loaded van is always best, but also having access to a motorcycle can help you get through traffic jams and through closed roads more easily.

Nothing can prepare you for every situation, but a little preparation can make all the difference when it comes to making it through a disaster or crisis. Most of the things outlined in this article can be bought and packed in about a day, leaving you with the peace of mind stacked in your closet, that you and your family are ready, should disaster strike.